**Hey friend,**

Very excited to show you how to train yourself using AI and also take pictures with your favourite celebs.

Note that this is a very simple way to train your own avatar online assuming that you do not have knowledge of AI and other tools. If you require more advanced methods for fine tuning, reach out to sirioberati@gmail.com

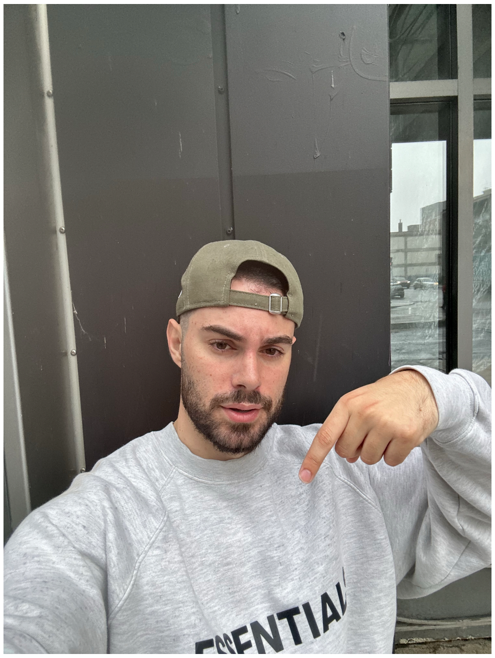
A more advanced video tutorial that will cover best practices, skin refinement, style training, datasets, and more will be available soon. This guide will help you to start and get familiar with the tool.

If you want to get your hands on the video tutorial early, register here

Let's start!

## (Continue Below)

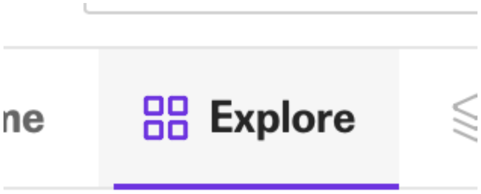
Here is a picture of myself, and this is my AI avatar. Quite close, right? Guess which one is real me.



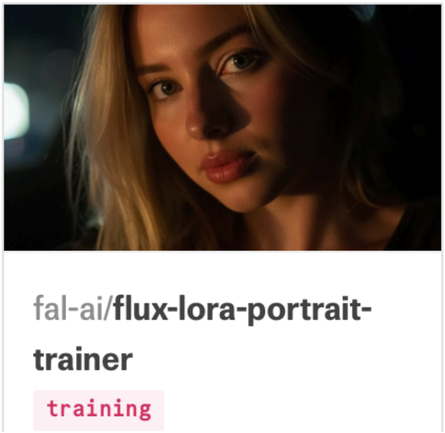
## 1. Training Your Digital Avatar

First things first, let's train your digital AI avatar. You need 20-50 high-quality pictures and selfies to achieve great results. Make sure the subject (that's you!) is clearly visible and is in different settings and light conditions in your dataset. We want to feed AI as much information as possible. Your dataset should also include pictures of your body to get the best results.

- **Step 1:** Go to fal.ai. This is where we will train your digital avatar. Create an account and top it up with $10. Only $2 of that will be used for training. Fast training takes about 5 minutes—that's all you need!
- **Step 2:** Once you've logged in, go over to the Explore.



- Then look for "Flux Lora Portrait." Flux is the checkpoint we're using to train. If you're not familiar with AI image training, there are a few base checkpoints out there for image generation: Stable Diffusion XL, Stable Diffusion 1.5, and the latest and best for realistic images—FLUX.

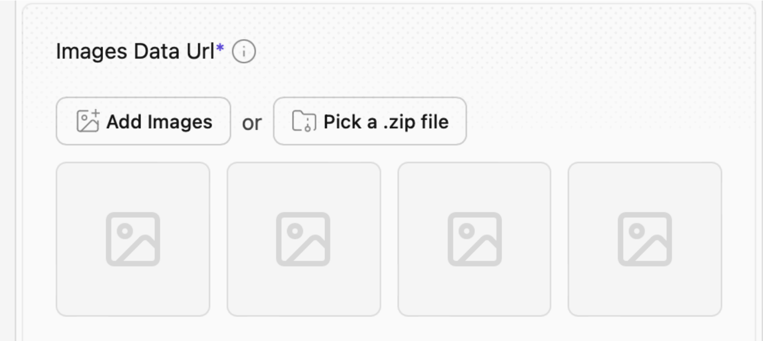


**Why Choose FLUX Portrait Trainer?**

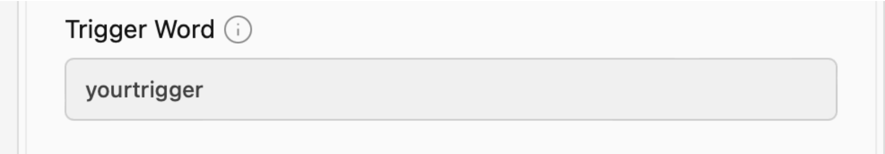
The **FLUX Portrait Trainer** excels in:

- **Fine Details**: Highlights, textures, and anatomy are more precise.
- **Prompt Fidelity**: Follows even complex prompts with accuracy.
- **Resemblance**: Captures your identity flawlessly, even in creative scenarios.
- **Small Faces**: Maintains details in distant or miniature elements of the scene

- **Step 3:** Now, after clicking to train the Flux Portrait LoRA, let’s upload our images. Select your 50-200 high-quality JPGs and drag and drop them into the section indicated on fal.ai. You can add up to as many images as you like. The more, the merrier, but make sure you’ve curated the dataset. This is the most important step!



- **Step 4:** After inputting the dataset, choose a trigger word. A trigger word helps the AI understand when you are prompting it. For example, my trigger word for my Digital AI Model is "**Sirio**," which is my name. You can use your name in this case. We’ll use the trigger word later to get AI image outputs. Remember this step—it’s important!



Trigger Word

yourtrigger

- **Step 5:** Select t ~16 images. Go down to 1000 steps fo more steps, the better the training, the

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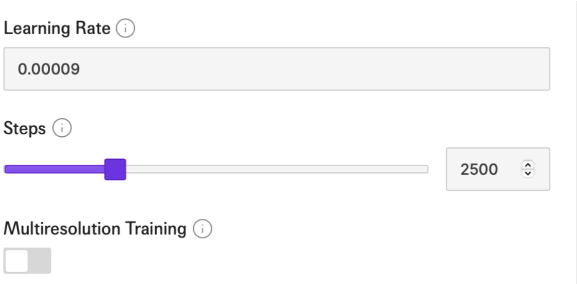
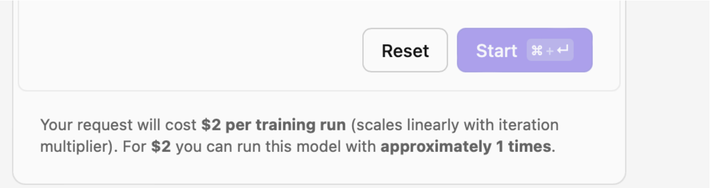


Learning Rate: 0.00009

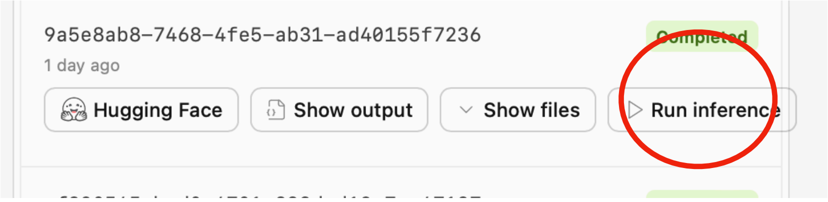
Steps: 2500

- **Step 6:** Now, click Start and let the model train. Check back in 5 minutes. Do not close the window.



Your request will cost **$2 per training run** (scales linearly with iteration multiplier). For **$2** you can run this model with **approximately 1 times**.

When the model has finished training, on your right, you will see a green label "Completed." Next to it, there's a button called "Run Interface." Click that. You're now ready to generate images! It will give you the link of your AI Digital Model on the next screen!



9a5e8ab8-7468-4fe5-ab31-ad40155f7236

1 day ago

**(Continue Below)**

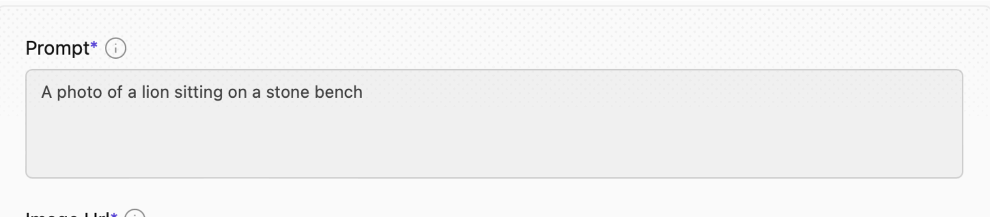
## 2. Understanding the Interface

We made it! But first, before starting the process of generating images, let me explain a bit about the window we see here.

### Input

On the left, you see your Input window. This is where you're going to bring your digital avatar to life.

1. **Prompt Section:** This is where you type what you would like to see generated.



Prompt*

A photo of a lion sitting on a stone bench

2. **Image Size:** Here, you can choose the size of your image output. Different sizes give different results in look and feel.

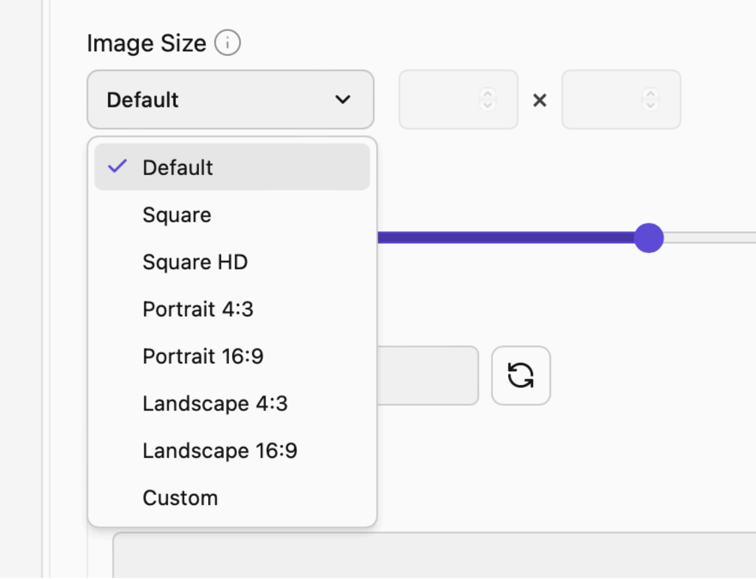
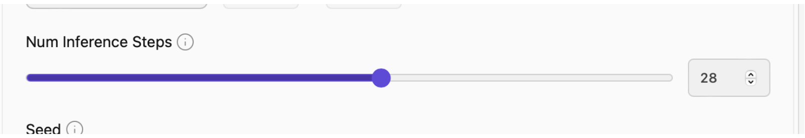


Image Size

Default

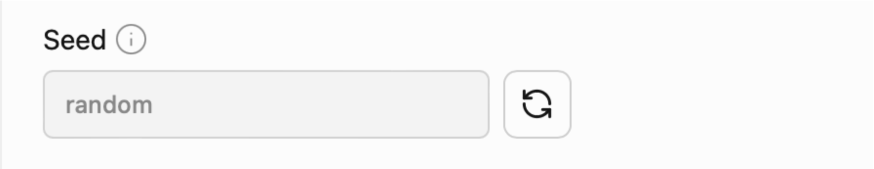
3. **Num of Steps:** Leave this at 28 or 30.



Num Inference Steps

28

4. **Seed:** This might be a bit tricky to understand if you've never used image generation tools like this before, but I'll try to explain it simply.



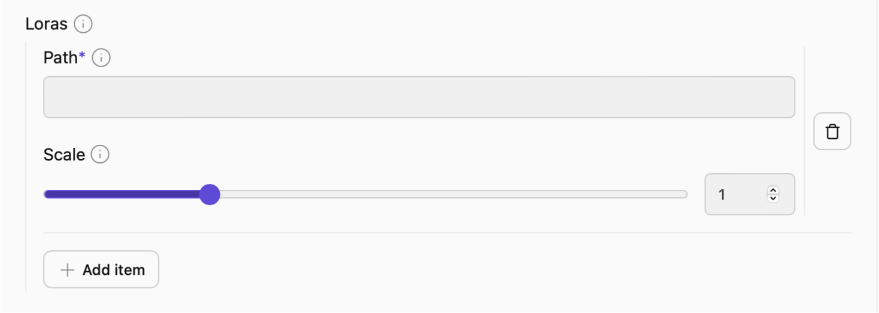
   - Imagine planting a seed in a garden. The type of plant that grows depends on the specific seed you use. Similarly, in our case, a "seed" is a number that acts like the initial set of instructions for creating an image.
   - Each seed produces a different result, just like how different seeds in a garden produce different plants. Even if you give the same input or description to the AI, changing the seed will produce variations in the image it generates.
   - In short, the seed is a way to control the randomness of the image generation process. If you use the same seed and the same input multiple times, you'll get the same image every time. But if you change the seed, the image will look different.

**Example:**

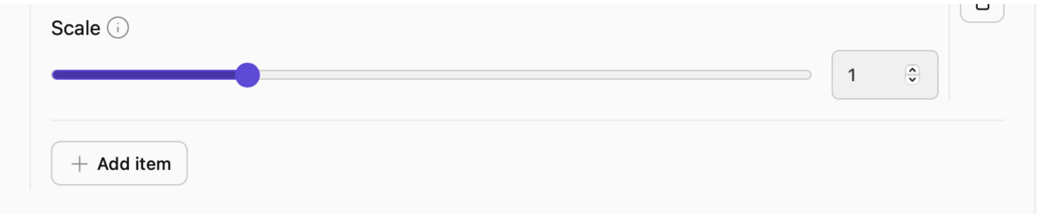
Let's say you use the prompt: "A portrait of a young woman with long brown hair and a friendly smile."

- **Seed 5678:** This might generate a portrait of a young woman with slightly wavy brown hair, a gentle smile showing a bit of her teeth, and a soft background with warm lighting.
- **Seed 5679:** Changing the seed to 5679 will produce another portrait of a young woman with long brown hair and a friendly smile. However, the differences might be quite subtle: her hair could be slightly straighter, her smile might be a bit wider, or her eyes might have a slightly different shape. The background lighting might shift to a cooler tone, or there might be a faint change in the position of shadows on her face.

5. **LoRAs:** LoRAs are your AI models. In this case, the model of yourself you trained earlier is a LoRA. It is saved under a link, which you can find in the Path. Save that link somewhere in case you lose it for easier access. That link contains information about your digital avatar. This is important for the next steps, so please copy and paste this to your notes. You can add as many LoRAs as you need.



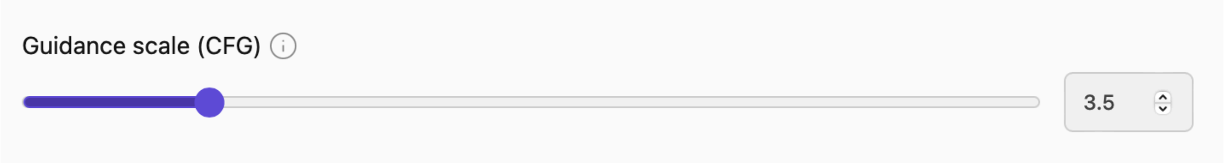
6. **Scale:** The scale is the weight of the LoRA, in this case, your Digital Model.


Scale 1

    - The weight or scale determines how much of your custom model's features and style are applied to the final portrait generated by the AI.
    - If you set the scale to 0.5, the influence of your custom LoRA model is lighter. The AI-generated portrait will have some features of your custom model, like maybe your hairstyle or facial shape, but it won't be a perfect match.
    - If you set the scale to 1, your custom model's influence is at its standard strength. The portrait will closely resemble the features and style you trained the model on—essentially capturing your likeness as you intended. This means the AI uses your model fully to create a portrait that looks exactly like you, based on the data you provided.
    - If you increase the scale to 1.2 or higher, the influence of your custom model becomes even stronger. The portrait will emphasize your unique features more dramatically. This could exaggerate certain characteristics, making the portrait more stylized or artistic, highlighting details like expressions or specific facial features even more than you trained for.

4. **So, the scale is like a dial that lets you control how much of your custom LoRA model's influence you want in your AI-generated portrait. A higher scale makes the portrait look more like you, based on the model you trained, while a lower scale keeps it closer to the original style. Experiment with the weight of the LoRA. For me, I use 1.2 or 1.3 to achieve great results.**

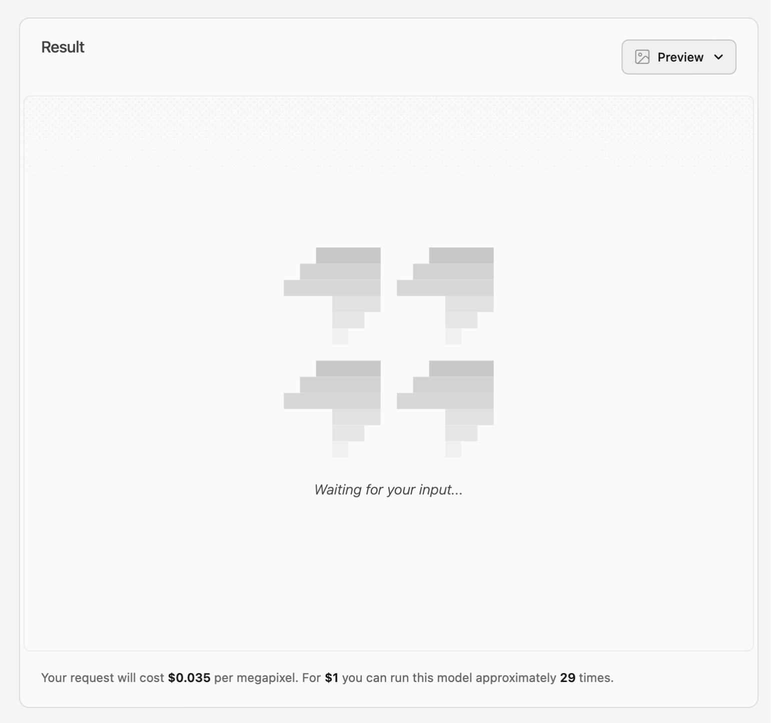
5. **CFG:** Leave this at 3.5.


Guidance scale (CFG) 3.5

6. **Number of Images:** This is the number of images you want to generate in one run. I leave this at 1.

## Output

1. **Results:** On the right, you'll see your output that is generated. It also gives you an estimate of the cost for each generation.



Your request will cost **$0.035** per megapixel. For **$1** you can run this model approximately **29** times.

2. **Status:** These are the logs computing to generate your AI image. Ignore them.

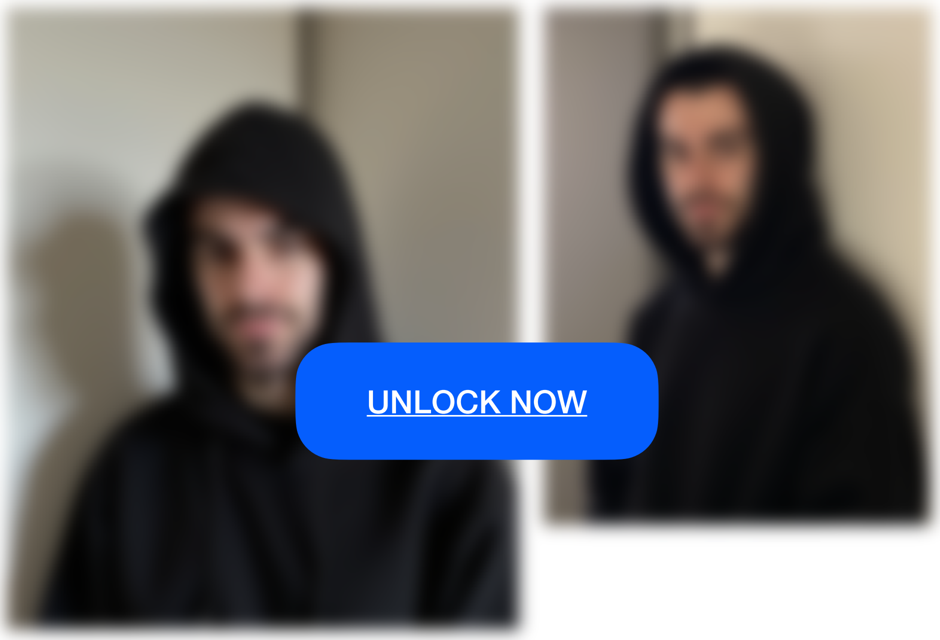
**(Continue to next page)**

### 3. Generate Realistic Images of Your Digital Avatar (Real Skin Texture)

It's time to bring your digital avatar to life! Let's go to the Prompt box on the left side of the interface. Remember your trigger word? Mine was "**Sirio**". If you've followed the steps correctly, it should be displayed in the prompt section. If not, go ahead and add it.

Here's a prompt you can use: [illegible]

[illegible]



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[illegible]

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# BONUS

## Generate Images of Your Digital Avatar with a Celebrity

Ready for some fun? Let's create a picture with a celebrity! First, ensure you have your digital avatar/LoRA link handy.

1. [illegible]
2. [illegible]

3. [illegible]

4. [illegible]

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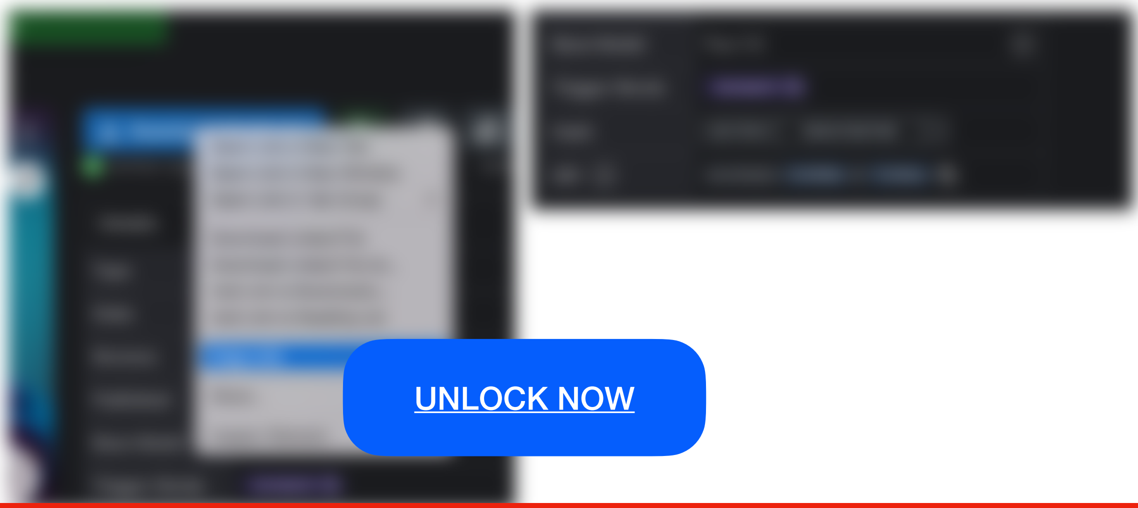
[illegible]

1. [illegible]
2. [illegible]
3. [illegible]

4. [illegible]
5. [illegible]



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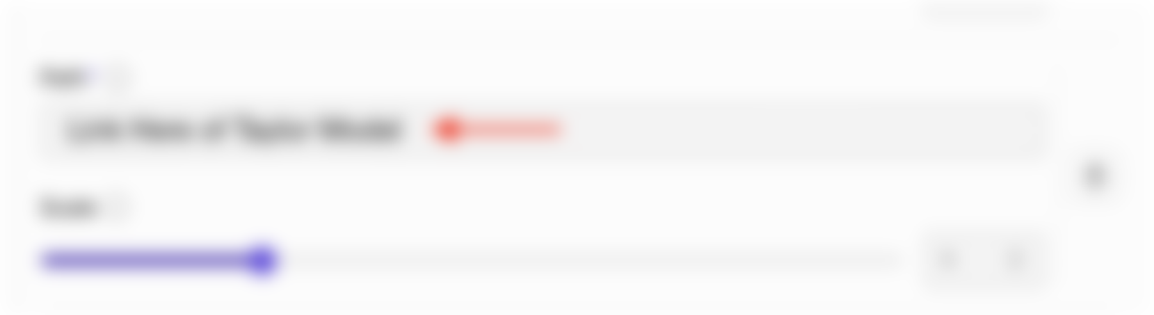

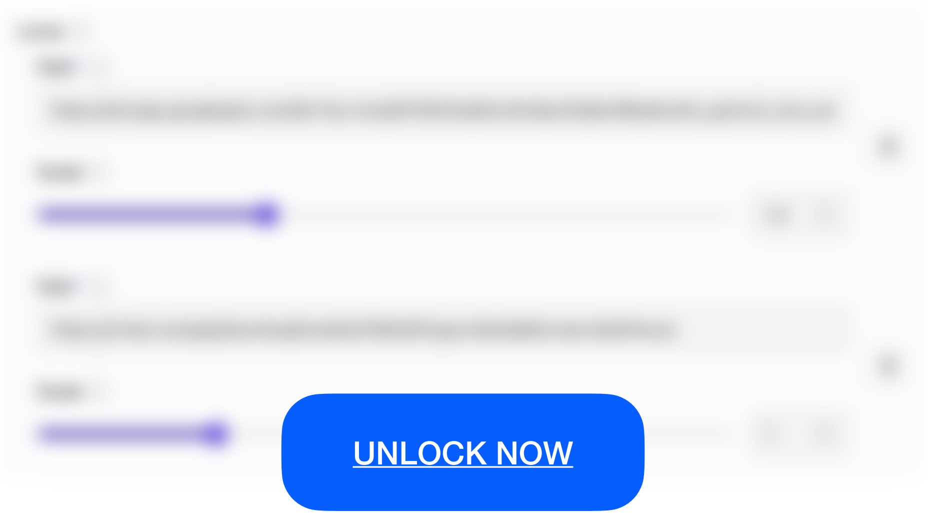

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## 2. Fixing The Selfie (IMPORTANT OF TWO PEOPLE IMAGES)

Layers pan

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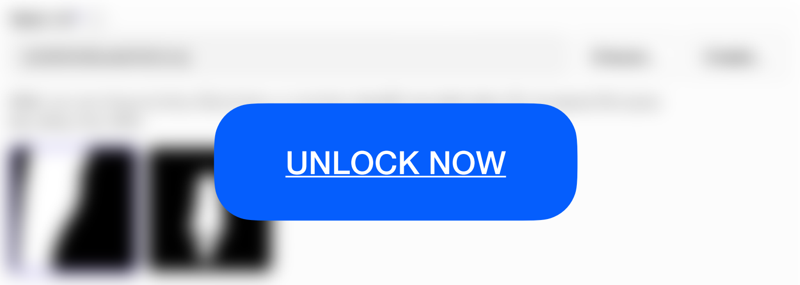
- [illegible]

[illegible]

[illegible]

4. [illegible]
   - [illegible]

   - [illegible]



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